**PHED 1230 – Fall 2013**

**Jogging**

**Instructor:** John Fox

**Contact:** [jwf0007@tigermail.auburn.edu](mailto:jwf0007@tigermail.auburn.edu)

**Class Time:** MWF 11:00 – 11:50

**Class Location:** Memorial Coliseum: Concourse 1

**Office:** Rm. 20 Kinesiology Building

**Office Hours:** MWF 8-9 AM. **Or** Send an email, and we will arrange a time to meet.

**Credit Hours:** 2

**PAWP Coordinator**: Jared Russell, PhD, russej3@auburn.edu

A. This PHED course will utilize an on-line e-textbook *(McGraw-Hill Tracking Portal)*. You must purchase a code from the bookstore or on-line, if you prefer. The *Tracking Portal* e-textbook contains all the course content, assessments and behavior change activities for the PHED course that you are taking. IF YOUR COURSE does not require this e-textbook your instructor will notify you. Below are instructor and student instructions.

Once you purchase the code, follow the directions provided below and register for your class by **9/7/12**.

Instructions for logging into the Tracking Portal

1. Log onto http://mhlearningsolutions.com/Auburn\_health/login.php

2. Click on student registration

3. Complete registration information.

a. The code from the instructor is the number code and is available on Blackboard under course content. BE SURE TO INPUT THE CORRECT CODE FROM YOUR INSTRUCTOR TO ENSURE YOUR GRADES ARE CORRECT

b. The card code will be on the card you purchased from the bookstore.

4. Click on: **PHED 1230 001 Jogging for Fitness**.

5. On the left tool bar are 7 modules: Exercise Vocabulary, Health Benefits, The FITT principle, Behavior Change, Preparing and Recovering from Exercise, My Activity Profile, and Conceptual Core: Jogging for Fitness. Each module has an assessment at the end (with the exception of my activity profile) that will count towards your grade this semester.

6. The “My Activity Profile” tab allows you to set goals, log your exercise program and track your progress.

7. At the top of the page you will see section list, grades, add new course, profile and logout. Click on the grades tab to view your grades for the assessment. The profile contains your registration information. Please logout after each use.

8. Please log onto and register by ***9/6/13****.*

9. All Portal assignments must be **completed by 10/10/13**.

**4. Course Description:** Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in jogging.

**5. Student Learning Outcomes:** Development and maintenance of cardiorespiratory functioning in jogging.

**6. Course Content Outline:**

A. Weekly schedule of meetings for all 15 weeks of the semester and topic(s) for each week.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 8/20 |  |  | First Day |  | 20 min jog |
| 8/20 – 8/24 | Time Trial |  | 20 min run |  | Quiz due  20 min run |
| 8/26 – 8/30 | **Time Trial** |  | 20 min run  Drop Fee |  | 20 min run |
| 9/2 – 9/6 | **Labor Day** |  | 25 min run |  | -**Portal registration**  -20 min with strides |
| 9/9 – 9/13 | 25 min run |  | 25 min run  Last day to drop |  | 25 min run  strides |
| 9/16 – 9/20 | 30 min run |  | 20 min run  strides |  | 30 min run  Strides |
| 9/23 – 9/27 | 30 min run |  | 25 min run  Strides |  | 30 min run  Strides |
| 9/30 – 10/4 | 20 min run  Strides |  | 20 min run  Strides |  | 35 min run |
| 10/7 – 10/11 | 20 min run strides |  | -**Time Trial** | **-Portal assignments due.**  -**Last day to withdraw** | 25 min run strides |
| 10/14 – 10/18 | 35 min run  Strides |  | 35 min run  Strides |  | 35 min run |
| 10/21 – 10/25 | 40 min run |  | 30 min run  Strides |  | 35 min run strides |
| 10/28 – 11/1 | 40 min run  Strides |  | 35 min run  Strides |  | 40 min run  Strides |
| 11/4 – 11/8 | 40 min run  Strides |  | 40 min run |  | 40 min run  Strides |
| 11/11 – 11/15 | 45 min run |  | 35 min run  Strides |  | 45 min run  Strides |
| 11/18 – 11/22 | 30 min run  Strides |  | 20 min run |  | 45 min run  Strides |
| 11/25 – 11/29 | **Thanksgiving Break** | | | | |
| 12/2 – 12/6 | 30 min run  Strides |  | 30 min run  Strides |  | -Classes end  -Time trial |
| 12/9 – 12/13 | **Finals** | | | | |

B. Time Trials are on **August 26**, **October 10**, and **Dec 6**.

Portal registration is due **September 6** and portal assignments must be complete on **October 10**.

C. Your exams and Final exam are the time trials. The dates are listed above.

D. **All the blank spaces indicate that we will be jogging for class.**

**7. Assignments/Projects:**

A. **Time trials** will be one mile in length. You will be timed. This will provide a measurement of your fitness level throughout the course. It is expected that you improve over the fifteen week course.

**Portal assignments** exist to help you gain a better understanding of how to exercise properly and its benefits.

**8. Rubric and Grading Scale:**

A. Time trials: 30%

Portal: 60%

Attendance: 10%

B. A = 90 - 100

B = 80 - 89

C = 70 – 79

D = 60 – 69

F = 59 and below

C. Note: 5 unexcused absences or 8 total absences results in an FA for the course. Further explanation is outline in the Class Policy Statements below.

**9. Class Policy Statements:**

**#1Physical Activity and Wellness Program (PAWP) Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

1. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
2. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the *Auburn University* *Student Policy eHandbook*. The URL is [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies).

*Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.*

A. Attendance: Although attendance is not required, students are expected to attend all classes, and will be held responsible for any content covered in the event of an absence. 1. If an instructor chooses to require attendance, the attendance policy must be consistent with the university attendance policy outlined in the *Student Policy eHandbook*. Instructors may not invoke grade penalties for appropriately documented excused absences.

2. ***Distance learning courses:*** *If attendance is required, indicate how this requirement will be handled in a distance learning environment.*

B. Excused absences: Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please see the *Student Policy eHandbook* for more information on excused absences.

C. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

Instructor/Term Specific Syllabi: COE Guidelines, updated 11/20/2009 5

D. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Student Policy eHandbook* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

E. Disability Accommodations: "Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)."

F. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, and addendum to your syllabus and/or course assignments will replace the original materials.

G. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below: o Engage in responsible and ethical professional practices

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality